



Indian Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



221 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 large egg yolk
- ☐ 4 cups skim milk fat-free
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 9 servings rye flakes
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 9 tablespoons cool whip fat-free frozen thawed
- ☐ 0.8 cup cornmeal yellow

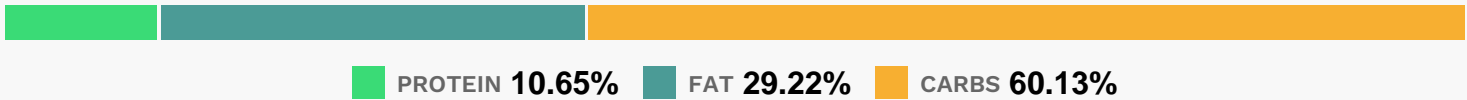
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 275.Melt butter in a large, heavy saucepan over medium-high heat; cook 2 minutes or until browned.
- ☐ Add milk to pan; bring to a boil. Gradually add cornmeal, stirring constantly with a whisk. Cook 5 minutes or until mixture thickens, stirring constantly.
- ☐ Combine sugar and the next 4 ingredients (through egg yolks), stirring well with a whisk. Gradually add half of hot milk mixture to sugar mixture, stirring constantly. Return milk mixture to pan; cook 2 minutes or until sugar dissolves.
- ☐ Pour cornmeal mixture into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 275 for 1 hour and 15 minutes or until pudding barely moves when pan is touched. Cool to room temperature on a wire rack. Cover and chill 2 hours.
- ☐ Cut into 9 squares.
- ☐ Serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:29.54, Glycemic Load:16.81, Inflammation Score:-5, Nutrition Score:8.7065218711353%

Nutrients (% of daily need)

Calories: 220.7kcal (11.03%), Fat: 7.3g (11.23%), Saturated Fat: 3.94g (24.64%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 32.27g (11.73%), Sugar: 23.19g (25.77%), Cholesterol: 58.34mg (19.45%), Sodium: 224.78mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Manganese: 0.38mg (19.2%), Calcium: 183.59mg (18.36%), Phosphorus: 176.08mg (17.61%), Magnesium: 60.91mg (15.23%), Vitamin B12: 0.78µg (13.04%), Vitamin B6: 0.25mg (12.44%), Vitamin B2: 0.21mg (12.35%), Potassium: 426.18mg (12.18%), Selenium: 8.08µg (11.55%), Vitamin D: 1.4µg (9.35%), Vitamin A: 442.75IU (8.85%), Vitamin B1: 0.12mg (8.18%), Zinc: 1.11mg (7.37%), Vitamin B5: 0.7mg (7.03%), Iron: 1.2mg (6.69%), Fiber: 1.52g (6.09%), Copper: 0.11mg (5.37%), Folate: 13.36µg (3.34%), Vitamin B3: 0.65mg (3.26%), Vitamin E: 0.32mg (2.1%)